

















































# BRUSHY FLAT BUSHWHACKERS 4-H CLUB



AMERICAN CANCER SOCIETY  
Relay for Life  
2008  
POCAHONTAS COUNTY  
www.cancer.org

TEAM CAPTAIN  
AMERICAN CANCER SOCIETY  
Relay for Life  
2008  
POCAHONTAS COUNTY  
www.cancer.org

## HEALTHY CHOICES FOR HEALTHY EATING

ALL PROCEEDS OF  
THIS COOKBOOK  
TO RELAY FOR LIFE

8.99 each  
SPECIAL-PURPOSE  
KRYLON  
SPECIAL-PURPOSE

Take Control  
7  
Eat to Live

































































































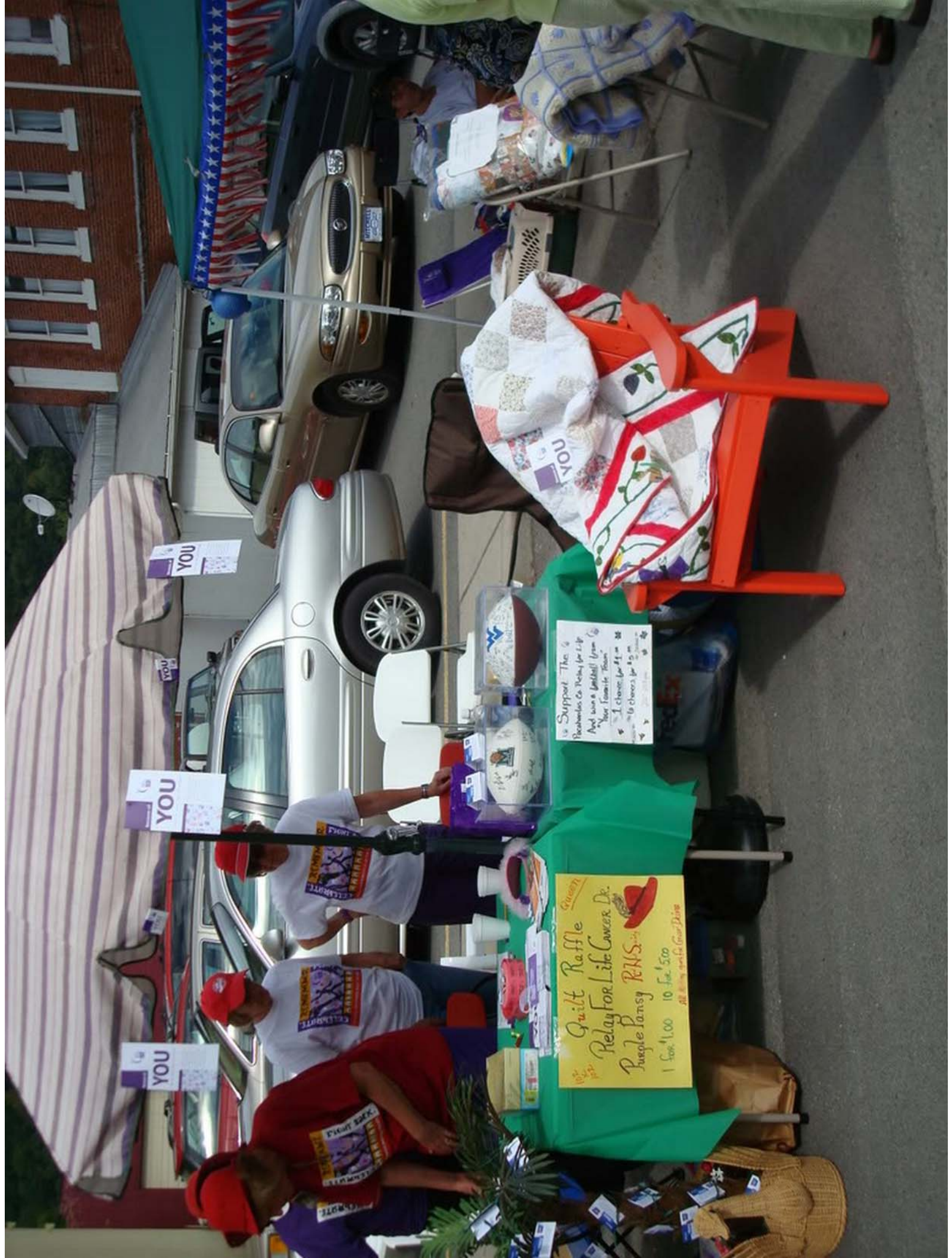












Support The  
Relay For Life  
Cancer Dr. Purple Pansy RNS  
And win a quilt! From  
"Your Favorite Team"  
1 chance for \$100  
6 chances for \$50

Quilt Raffle  
Relay For Life Cancer Dr.  
Purple Pansy RNS  
1 for \$100 10 for \$500  
All money goes to Relay For Life

YOU

YOU

YOU





POCAHONTAS  
PURPLE PANSTIES  
RED HATS

TAKE THE BATH  
GET HOOKED ON THE FACTS  
FROM SEBASTIAN CANTER



FLORIDA









POKIE FANDIES  
RED HATS

TAKE THE BAIT  
GET HOOKED ON THE FACTS  
ABOUT BREAST CANCER











Support The  
Richardson Co. Relief for Life  
And win a quilt for your  
"New Favorite Room"  
I choose for \$1.00  
10 choices for \$10.00  
10 choices for \$10.00

Queen  
Quilt Raffle  
Relay For Life Cancer Drive  
Purple Pansy Raffle  
1 for \$1.00 10 for \$10.00  
All money goes to Great Dane

YOU

YOU

REMEMBER  
CELEBRATE

REMEMBER  
CELEBRATE

REMEMBER  
CELEBRATE

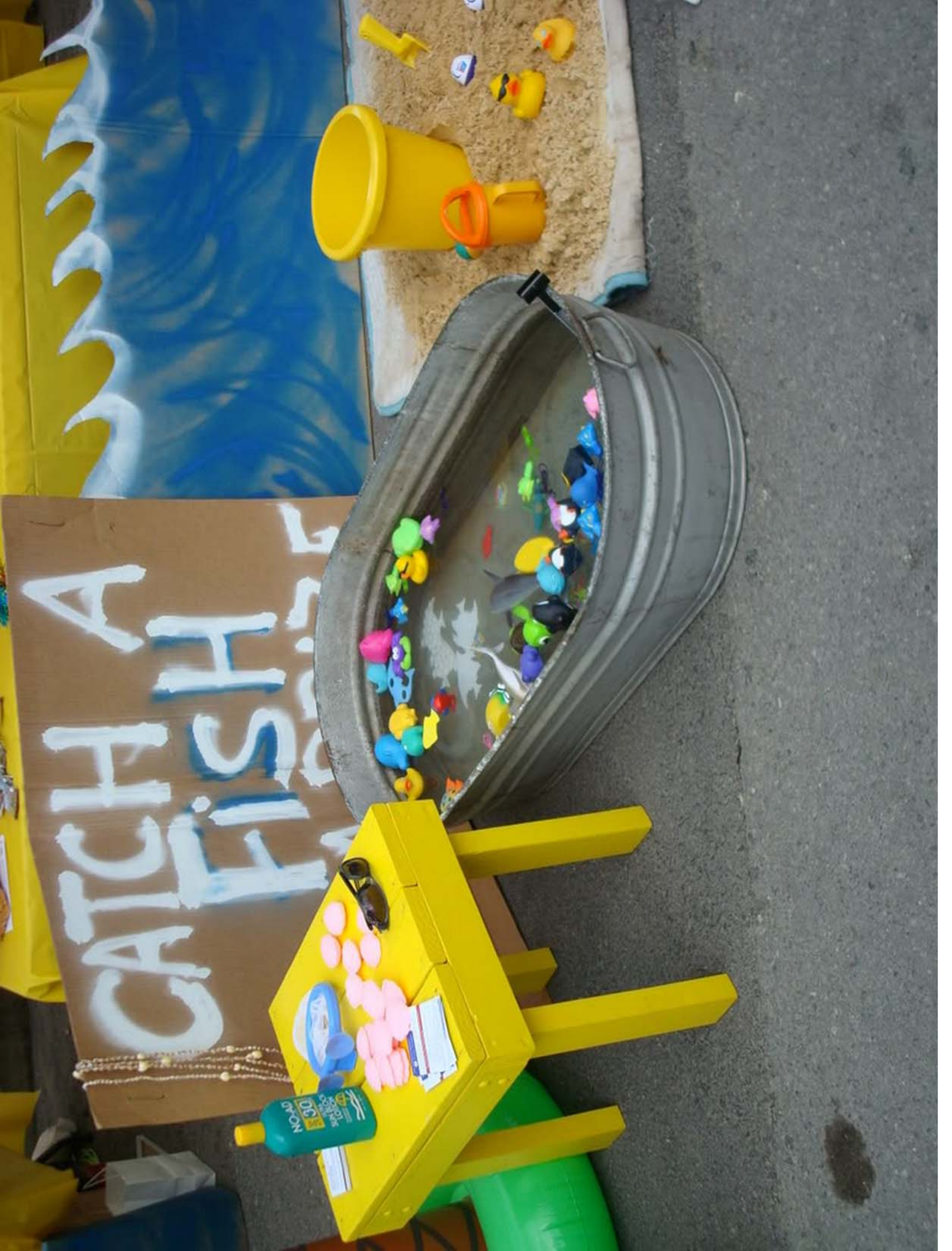








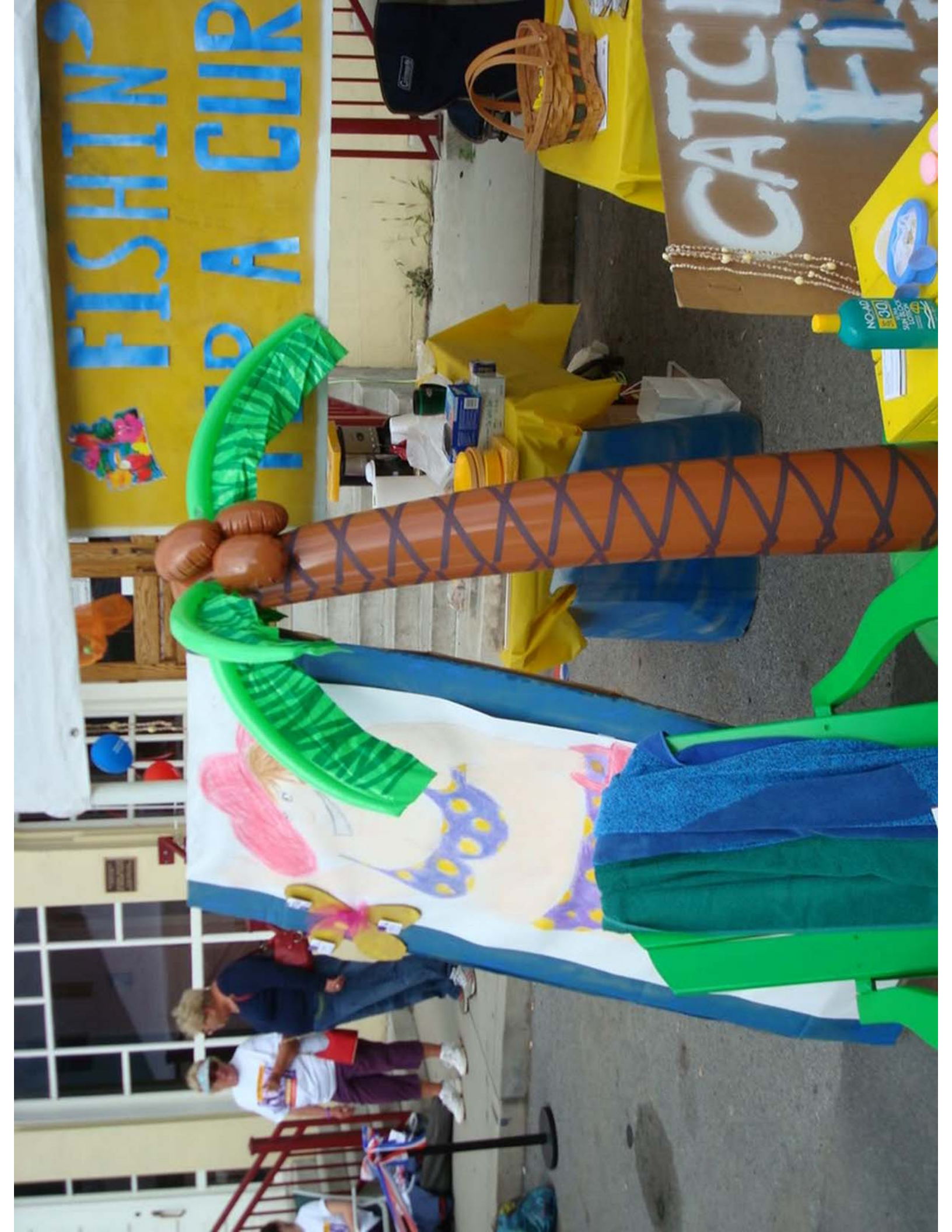




























RENE'S

*Smokey Mountain*

BARBECUE

with slaw

\$2.50

DRINKS  
AVAILABLE

CELEBRATE  
REMEMBER  
FALL

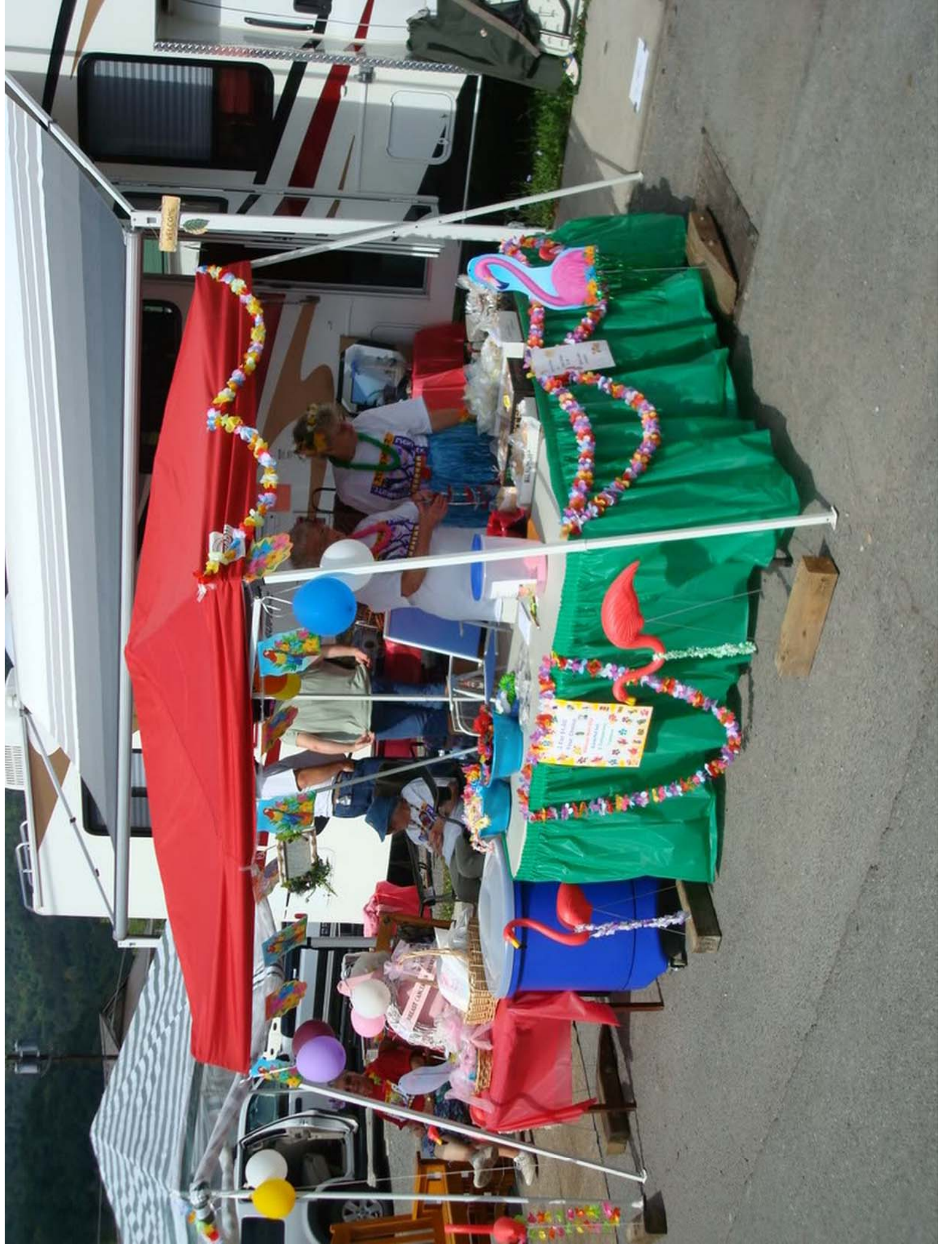
CELEBRATE  
REMEMBER  
FALL

ENTERING  
FALL



THE  
TENNESSEE  
VOLUNTEER































## How to Exceed Your Expectations

DARI-LAND

celebrate  
Remember  
Fight Back

TEXAS

53/0

54



1







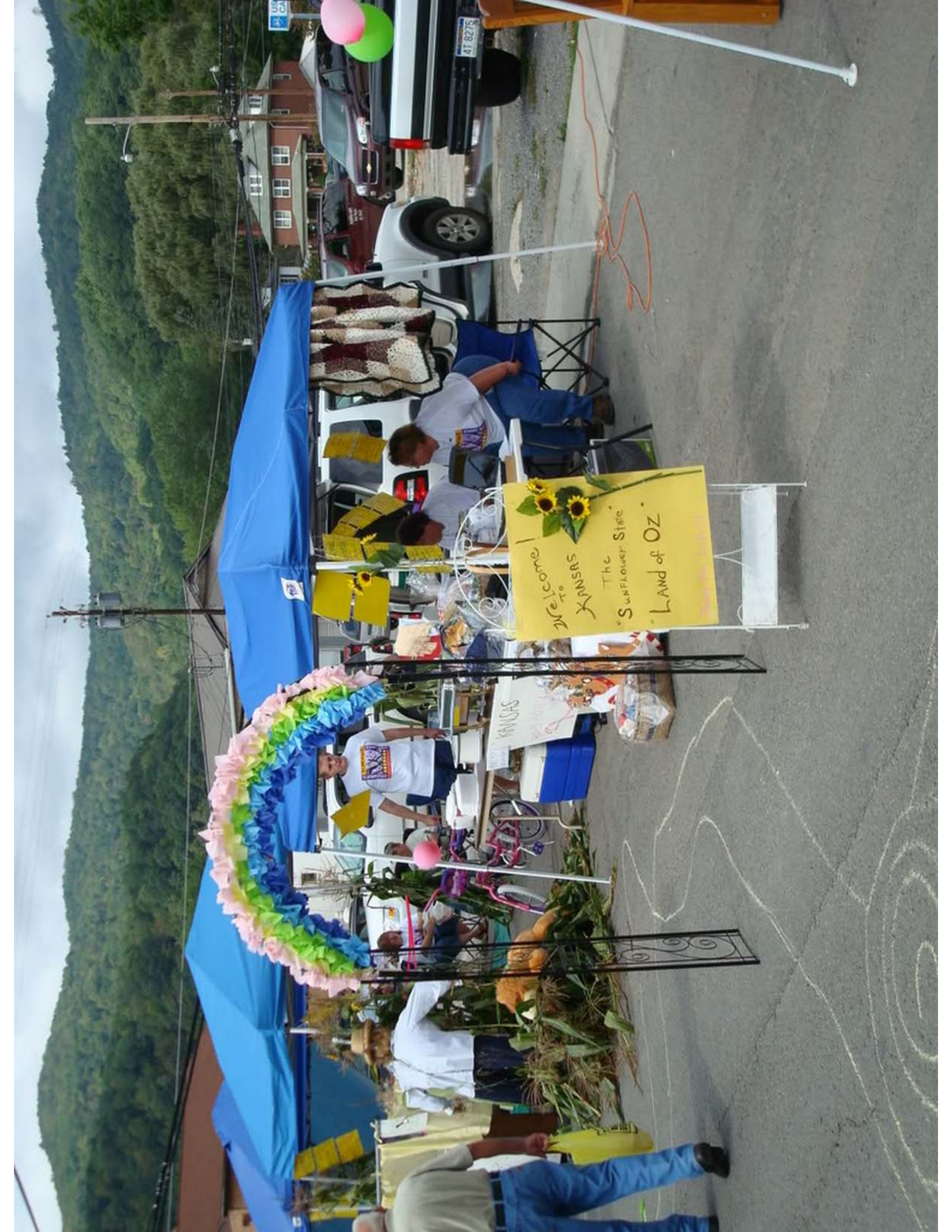
















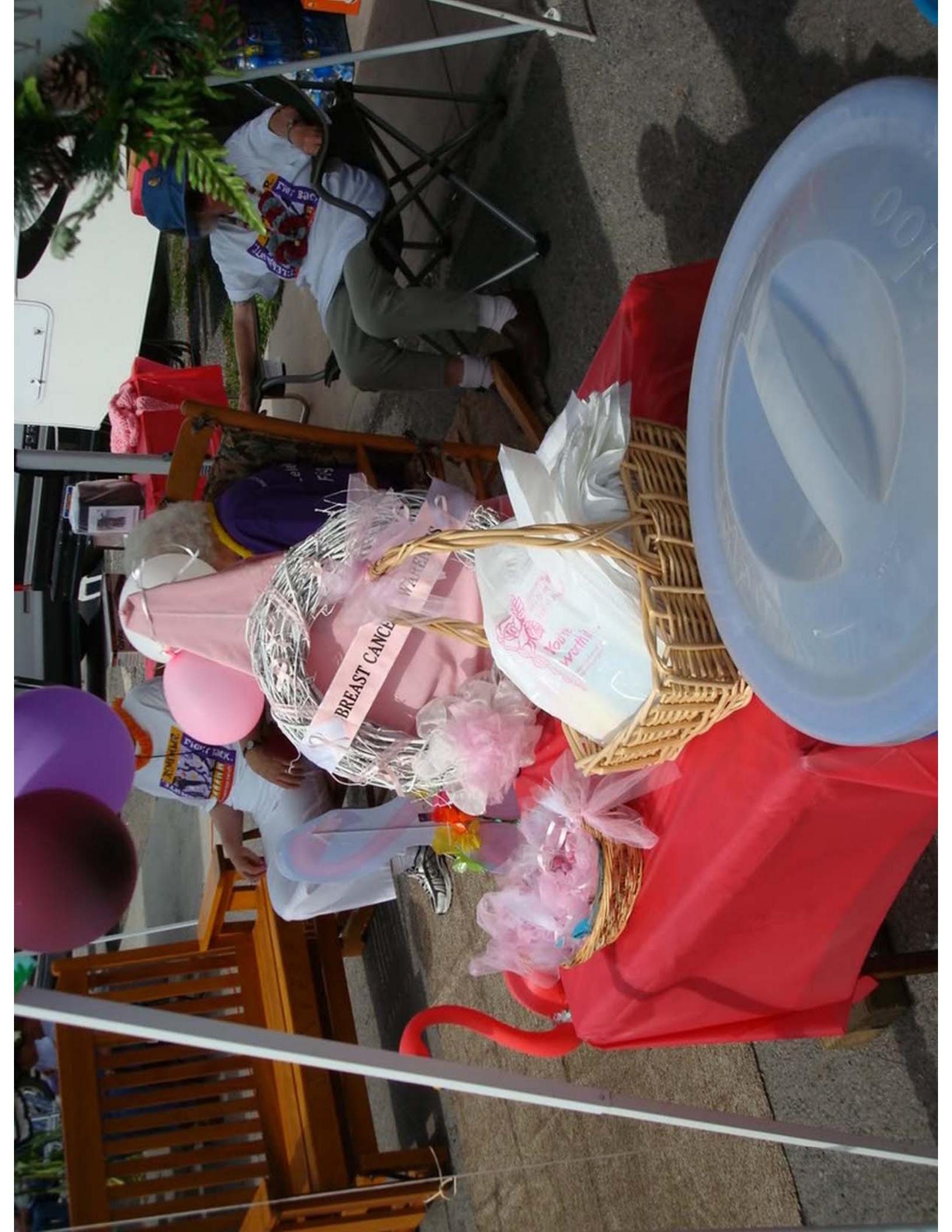






















Welcome  
 To  
 MAINE  
 Population: 1,274,923


**RELAY FOR LIFE**  
 American Cancer Society

**BASIC INGREDIENTS**  
 FOR A HEALTHY KITCHEN

1. Choose a variety of fruits and vegetables.  
 2. Choose whole grains.  
 3. Choose lean proteins.  
 4. Choose low-fat dairy products.  
 5. Choose healthy fats.  
 6. Choose herbs and spices.  
 7. Choose water.  
 8. Choose to limit alcohol, salt, and sugar.  
 9. Choose to limit red and processed meats.  
 10. Choose to limit sugary drinks.



Arrgh, Me Mateys!  
 Don't forget to slip on a shirt,  
 Slop on a hat, + slop on sun-  
 screen. I even put sunscreen on  
 me ol' peg leg.  
 Hahaha hahaha!

Also, eat 5 or more  
 servings of fruits + vegetables  
 every day to prevent Scurvy.  
 Oh... and Cancer!!!

AMERICAN CANCER SOCIETY  
 Relay For Life  
 Eschontas County  
 2008  
 SNOWSHOE  
 1-800-AC-S-2345















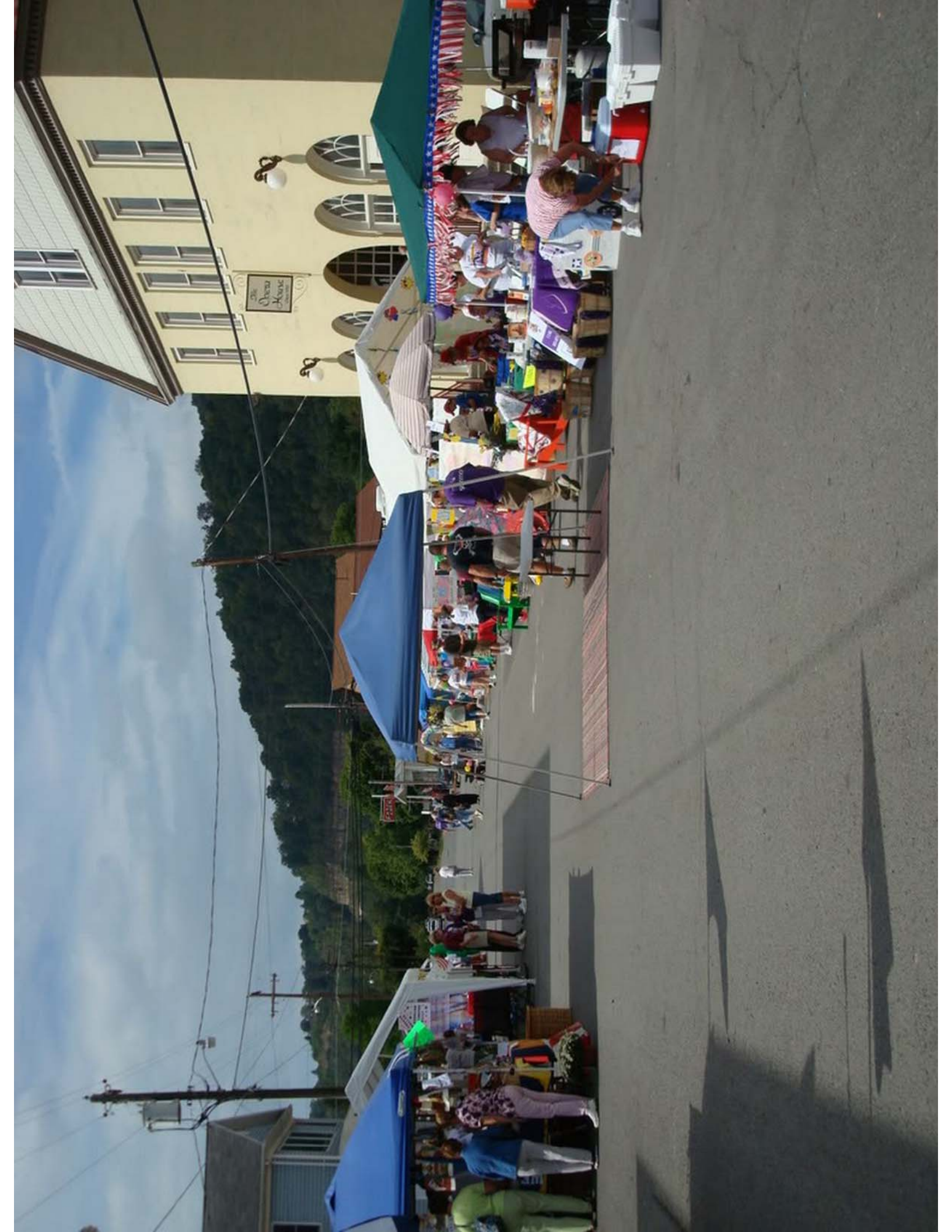




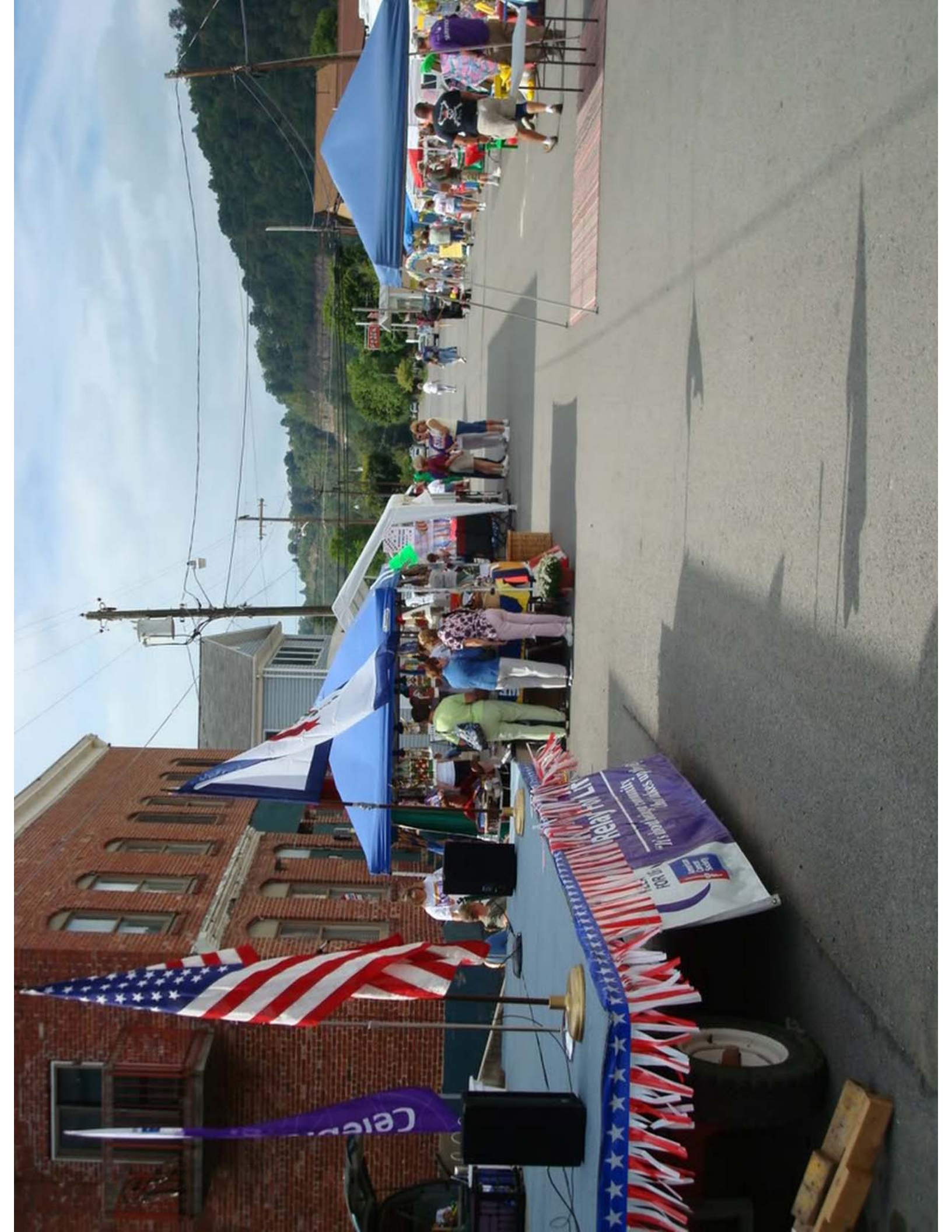
















BRUSHY FLAT  
BUSHWHACKERS  
4-H CLUB

"PONY"  
RIDES  
\$100

Unbridled Spirit!

HEALTHY  
CHOICES  
FOR  
HEALTHY  
EATING



















Unbridled Spirit!

PONY RIDES  
\$100

BUSWACKERS CLUB









































PAINTING HOME ELECTRICAL  
PLUMBING CAR TY ACCESSORIES  
AND MORE

TEAM CAPTAIN

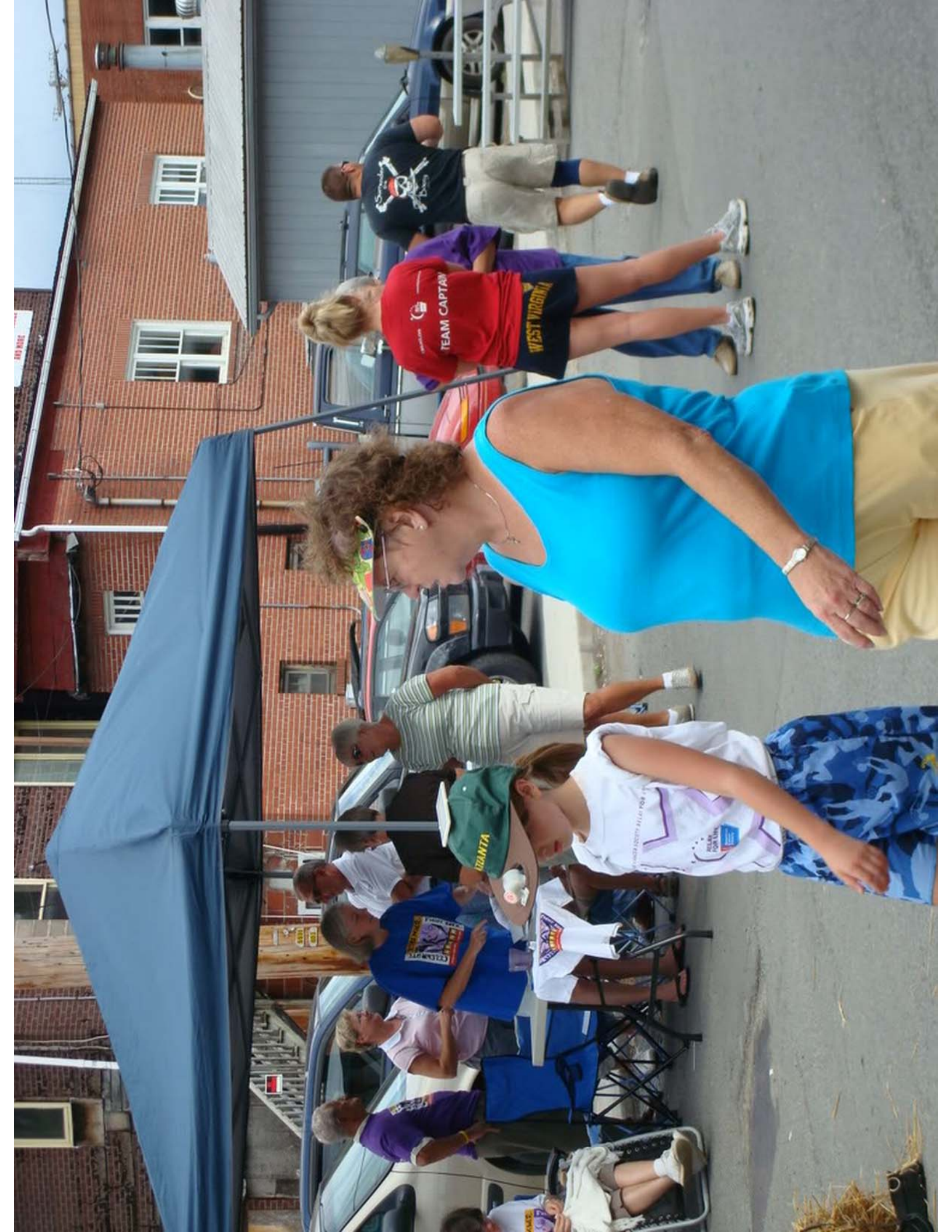
WEST VIRGINIA

Surrender to  
Booby

HEALTHY  
CHOICES  
FOR  
HEALTHY  
EATING

7





























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